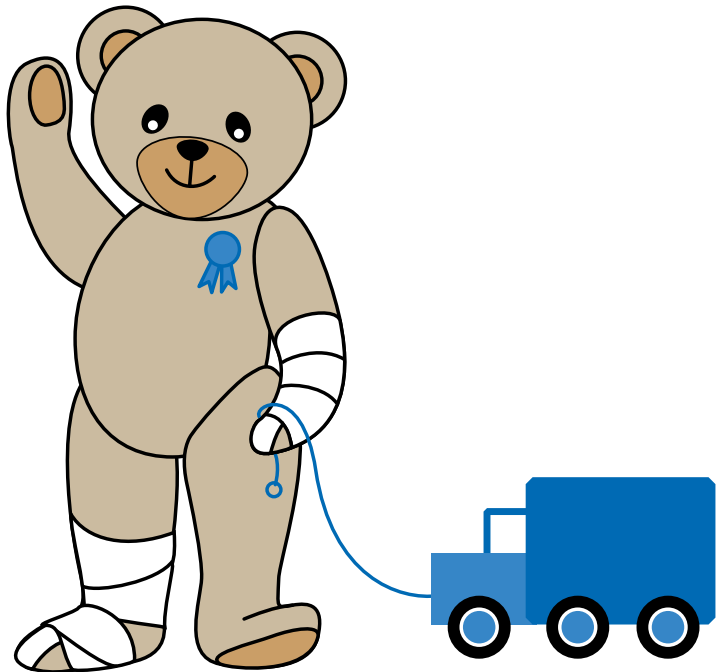


Flexor Tenotomy

Paediatric Day Surgery Unit



Patient information leaflet

What is Flexor Tenotomy?

A tenotomy is performed in order to lengthen a muscle that has developed improperly, or become shortened and is resistant to stretch.

Is there any alternative treatment?

- Stretching
- Strapping
- Observation

What are the possible risks and complications?

- Bleeding
- Infection
- Excess pain
- The toes change colour – mottled purple

If you observe either of these, please remove the dressing and contact the hospital on **01483 571122** and ask for the Orthopaedic Senior House Officer on call.

How do I care for the wound?

There will be a small incision under your child's toe that will be covered by a dressing. This will then be covered by a bandage which must remain on for 72 hours. Once this is removed the dressing can be replaced by a small plaster. If your child has any stitches they are usually dissolvable and do not need to be removed. If you or your child see small pieces of stitch material coming from the healing wound please do be tempted pull them. The wound must be clean and dry for the first three – four days (or as long as your child's surgeon advises).

General points to remember

- Have showers not baths
- Don't use bathing products directly over the wound

- Dry the surrounding area carefully by patting gently but allow the wound to air dry
- Once the wound has healed, gently rubbing petroleum jelly or a fragrance free moisturiser into the scar helps to reduce how noticeable it is.

Will the surgery be painful?

Some pain/discomfort maybe felt initially so give your child regular Paracetamol and ibuprofen for pain relief according to their age. If your child needs anything stronger, this will be provided by the ward. Give regularly for the first 48 hours and then as necessary.

Next dose Paracetamol

Next dose Ibuprofen

When can my child go back to school?

It is advisable to keep your child off school for one week.

General Practitioner's (GP) letter

A letter will be sent to the GP giving brief details of your child's admission. You will be given a copy of this on discharge.

Will my child need a follow-up appointment?

If a follow up appointment is required then this will be sent to you in the post.

Reference sources

- www.bupa.co.uk
- www.surgeryencyclopedia.com
- Orthopaedic Consultant RSCH

Contact details

If you require further advice, please do not hesitate to contact us.

Day Surgery Unit

Telephone: 01483 406783 (Monday to Friday, 8am–8pm)

Hascombe Children's Ward

Telephone: 01483 464071 (24 hours)

Accident & Emergency

Telephone: 01483 464156 (24 hours)

If you are seriously concerned about your child, please take them to Accident & Emergency.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: November 2017

Future review date: November 2020

Author: Kelly Dowker

PIN171127–1387

